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*Building confidence,  
reducing falls.  
Improve strength.  
Improve balance.  
Reduce your fear of  
falling.*

**JOIN US**

*For seven consecutive  
Tuesdays beginning  
April 22, 2014*

*Platteville Senior Center  
55 South Court Street  
Platteville, WI 53818*

*1:00 pm-3:00pm*

*No charge for this life-  
altering workshop*

*Snacks & Beverages  
provided*

# STEPPING ON

Have you fallen in the past year?

Do you have a fear of falling?

In this “Stepping On” Workshop you will:

- + Get professional advice from a Physical Therapist, Pharmacist, Vision Expert and Community Specialist
- + Learn techniques to improve balance
- + Learn techniques to improve strength
- + Learn ways to keep from falling when out in your community
- + What to look for in safe footwear
- + How to eliminate falls hazards from your home

**To Register Call:**

**Carol Hughey**

**Aging and Disability Resource Center**

**608-723-6113 or 800-514-0066**

**\*Partnering with Grant Regional Health Center**